

## National Action Plan Worksite Resources

Put the following resources to work with your efforts to increase fruit and vegetable consumption.  
Copy and paste the URLs into your browser for your convenience.

1. American Cancer Society's worksite resources: Meeting Well: A Tool for Planning Healthy Meetings and Events, American Cancer Society (1-800-ACS-2324)
2. California Department of Health Services, *5 a Day–Be Active! Worksite Program*, Issue Brief: Worksite Nutrition and Physical Activity, [http://www.dhs.ca.gov/ps/cdic/cpns/worksite/ws\\_resources.htm#FitKit](http://www.dhs.ca.gov/ps/cdic/cpns/worksite/ws_resources.htm#FitKit)
3. California Department of Health Services, *5 a Day–Be Active! Worksite Program*, Fruits and Vegetables and Physical Activity at the Worksite: Business Leaders and Working Women Speak Out on Access and Environment, [http://www.dhs.ca.gov/ps/cdic/cpns/worksite/ws\\_resources.htm#FitKit](http://www.dhs.ca.gov/ps/cdic/cpns/worksite/ws_resources.htm#FitKit)
4. California Department of Health Services, *5 a Day–Be Active! Worksite Program*, Take Action! Employee Wellness Program, <http://www.takeactionca.com>
5. California Department of Health Services, *5 a Day–Be Active! Worksite Program*, California Fit Business Kit. The entire kit will be available online in October 2006, [http://www.dhs.ca.gov/ps/cdic/cpns/worksite/ws\\_resources.htm#FitKit](http://www.dhs.ca.gov/ps/cdic/cpns/worksite/ws_resources.htm#FitKit)  
The Kit includes the following tools:
  - a. Check for Health Workplace Environmental Assessment
  - b. Healthy Meeting Policies
  - c. Vending Machine Food and Beverage Standards
  - d. Healthy Dining Menu Guidelines
  - e. Community Supported Agriculture and Farmer's Market Tool, Connecting with Local Farmers to Bring Fresh Fruits and Vegetables to Your Worksite
  - f. Active Stairwells Lead to Healthy Worksites
  - g. A Guide to Establishing Worksite Walking Clubs
6. Centers for Disease Control and Prevention's Healthier Worksite Initiative for planners of workforce health promotion programs at federal and state agencies, <http://www.cdc.gov/hwi>
7. Centers for Disease Control & Prevention's resource on how to establish a fresh garden market in a federal agency or other organization, <http://www.cdc.gov/nccdphp/dnpa/gardenmarket/index.htm>
8. Partnership for Prevention's *Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small*, [www.prevent.org/publications/Healthy\\_Workforce\\_2010.pdf](http://www.prevent.org/publications/Healthy_Workforce_2010.pdf)
9. U.S. Department of Agriculture, Food and Nutrition Service "Take Action" series encourages FNS program participants and staff to take actions to improve their health by making positive changes to key dietary and related behaviors; increasing intake of fruits and vegetables is highlighted, <http://www.fns.usda.gov/oane/SNAP/TakeAction/TakeAction.htm>

10. Tompkins County, New York Department of Health's *Fruit & Snack Bowl: A guide to starting a healthy snacks program at your worksite*, <http://www.tompkins-co.org/wellness/worksites/workwell/snackbowl.html>
11. University of Minnesota School of Public Health's *Guidelines for Offering Healthy Foods at Meetings, Seminars, and Catered Events*, [http://www.ahc.umn.edu/ahc\\_content/colleges/sph/sph\\_news/nutrition.pdf](http://www.ahc.umn.edu/ahc_content/colleges/sph/sph_news/nutrition.pdf)
12. University of Minnesota School of Public Health's *Guidelines for Offering Healthy Foods at Meetings, Seminars, and Catered Events*, [http://www.ahc.umn.edu/ahc\\_content/colleges/sph/sph\\_news/Nutrition.pdf](http://www.ahc.umn.edu/ahc_content/colleges/sph/sph_news/Nutrition.pdf)
13. Washington State Department of Health's Nutrition and Physical Activity Policy Resource Guide for communities, schools, worksites and healthcare, <http://doh.wa.gov/cfh/NutritionPA/publications/npa-policy-guide.pdf>
14. Wellness Councils of America's *Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program*, [www.welcoa.org/wellworkplace/index.php?category=7](http://www.welcoa.org/wellworkplace/index.php?category=7)
15. Wellness Councils of America: As North America's premier resource for worksite wellness, the Wellness Councils of America is dedicated to helping organizations of all kinds build and sustain results-oriented wellness programs, <http://www.welcoa.org/>.